Guidelines for Developing Aerobic Stamina

❑ The effort should be dynamic, and it should involve large muscle masses (running, cycling, swimming, skating, etc.).

❑ The sport itself can also be used to develop aerobic stamina (e.g. soccer, basketball, volleyball, judo); in this case, however, it might be necessary to modify the normal competition conditions of the sport to achieve the desired training effect (see below).

❑ The effort must be sustained for a few minutes (3 to 5, often more), and the athletes have to be active for most of that time (e.g. moving as much as possible).

❑ The speed of execution (i.e. the intensity) can vary, but it should not be lower than what would be considered a moderate intensity for the athlete's age.

❑ The same intensity or speed of execution may not be suitable for every athlete; it is important to recognize that work intensity may have to be individualized.

❑ The activity or exercise can be continuous (i.e. no rest periods) or intermittent (alternating periods of work and recovery).

❑ Fatigue may occur during low- to moderate-intensity efforts (e.g. 30 minutes of cycling or 20 minutes of running) because of the longer duration.

❑ If the efforts are intense, active rest periods may be included between periods of activity (e.g. 2 minutes of effort followed by approximately 1 minute of less intense effort, repeated for a total period of 15 minutes, or 1 minute of effort followed by approximately 30 seconds of rest, repeated for a total period of about 10 minutes); this type of intermittent effort usually allows athletes to maintain a relatively high intensity without causing too much fatigue.

❑ The same principles can apply to team sports, where athletes are asked to play non-stop in a limited area for 5 to 10 minutes; in this type of activity, all athletes must be moving at all times. Coaches should have extra balls, pucks, etc., on hand to keep the level of activity high and to minimize recovery periods during the activity when the control implement is lost.